

Opportunities are endless!

Become a doctor or focus on other careers addressing the need of the aging population such as academics, research, pharmaceutical, care management, health care educator, and/or healthcare administrator.

“I enjoy being involved in the care of our elderly patients. I am an advocate for my patients in the healthcare system, which they appreciate. I enjoy the challenge of navigating complex medical and social issues and working with my entire care team to provide the best care possible,”

Dr. Thomas Cain, Medical Director, St. Anthony Senior Health Centers

“The challenges and complexities of geriatric medicine are what inspired me to specialize. The dynamics of normal aging and often multiple disease processes, as well as social and family interaction, made me feel like I was making a difference in the lives of my patients.”

Dr. Christopher Unrein, Professor of Internal Medicine, Rocky Vista University, College of Osteopathic Medicine

“I am drawn to working with older people because they have a wealth of history and life experience. I am inspired by the way this age group faces the medical and the psychosocial challenges of aging with courage and resilience.”

Jennifer Braun, LCSW, St. Anthony Senior Health Center West

“Working with older adults brings an endless amount of meaning into my work. Seniors bring a lifetime of experience and wisdom, and it is a true honor to work with them. I come to work feeling inspired and excited by the opportunities and challenges in serving this population.”

Liz Smith, LCSW, Director of Senior Services, Jefferson Center for Mental Health

Aging Well

In Jefferson County, Colorado

Aging Well in Jefferson County began its work in the fall 2008 with the gathering of community experts in the field of aging. Six workgroups developed focusing on Basic Needs, Caregiving and Supportive Services, Health, Mental Health, Wellness and Prevention, Housing, Social and Civic Engagement and Transportation. These six workgroups meet monthly to address these topics as they relate to getting older.

For more information on the project, visit <http://jeffco.us/human-services> or contact Susan Franklin at sfrankli@jeffco.us or 303-271-4051.

The Best Job Ever



**The Aging Population
Needs More Healthcare
Professionals**

Did You Know

- By the year 2030 there will be about 188,000 people over the age of 60, 30% of Jefferson County's total population.
- Currently there are 15 geriatricians in Jefferson County. By 2030 Jefferson County will need 314 geriatricians to meet the demand of the growing population. Those geriatricians will need staff who have the expertise and dedication to work with seniors.
- About 25% of adults aged 65 and older have some type of mental health problem not associated with normal aging. Many adults suffer with mental distress associated with limitations in daily activities, physical impairments, depression, substance abuse, grief following the loss of loved ones, caregiving or other challenging living situations.
- In the United States, out of 145 medical schools, only 9 have departments of geriatrics.
- The top conditions affecting the elderly are arthritis, hypertension, coronary artery disease, congestive heart failure, diabetes and cancer.

Interdisciplinary Approach

The aging process involves emotional as well as physical and medical challenges. Managing overlapping diagnoses requires a high level of skill. Medical assistants, nurses, office staff, physical and occupational therapists and social workers work alongside the geriatrician to address both the patient's medical and psychosocial needs.

The Best Job Ever

In a recent survey of over 12,000 physicians, geriatricians were among the most satisfied specialists in both medicine and surgery.

Why work with older adults?

• Challenge Your Intellect

The medical care of older adults tends to be complex because seniors are likely to have multiple chronic conditions.

• Build Relationships

Older adults often have medical problems that need to be followed closely. Geriatricians tend to know their patients and their families well which adds satisfaction to their practice.

• Make a Difference

Health care professionals focus on quality of life issues and help maintain their patients' highest level of independence. They advocate for their patient's needs and preferences, especially at the end of life.

• Benefit from Their Life Experiences

There is much to learn from seniors. They have survived the struggles of life and are resilient. Seniors are appreciative and grateful for the care they receive.

Loan forgiveness is an option for some through:

- Colorado Health Service Corps, www.coloradohealthservicecorps.org or 303-692-2466
- National Health Service Corps, www.nhsc.hrsa.gov/ or 303-844-7876, 1-800-221-9393
- Nurse Corps, www.hrsa.gov/loanscholarships/repayment/ or 1-800-221-9393
- Colorado Rural Outreach Program, www.coruralhealth.org/programs/ or 303-407-2031

Check it Out!

